UNLOCKING SECRETS OF LIVING TO 100, PG5

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Pedophile back in court after arrest

CRIME A mentally unstable pedophile who escaped from the Royal Ottawa last week is back in police custody.

Eldon James Hardy, 64, was arrested in a hotel by the London Police Service Saturday. He appeared in court yesterday.

Eldon James Hardy

Hardy was charged with two counts of sexual assault last September in relation to offences against two young adult male victims.

Police had considered Hardy to be dangerous.

He had spent most of his adult life under maximum-security psychiatric supervision after he was found not criminally responsible for raping a young boy in a hotel in 1972.

TIM WIECLAWSI/METRO OTTAWA

Haiti **Surveying the damage**

PAUL CHIASSON/THE CANADIAN PRESS

Haitian President René Préval points out the damage to the presidential palace yesterday to Gov. Gen. Michaëlle Jean and her husband, Jean-Daniel Lafond, in Port-au-Prince, Haiti. Jean is in Haiti for a two-day visit to her home country for her first trip since January's devastating earthquake. Story, page 4

Throne into reform

Province outlines health-care plans in opening of legislature

Ontario's governing Liberals promised Thursday to rein in skyrocketing health-care costs by introducing new reforms that would see hospitals compete for cash and their executives get paid based on how well their facilities perform.

Among the measures outlined in yesterday's throne speech, hospitals would narrow their range of services with the aim of doing surgeries and treatments more cheaply than their rivals. Those who can do it cheaper would get additional funding from the government.

"Patients will have greater choice about where they can access the best quality treatment." Lt.-Gov. David Onley

"Patients will have greater choice about where they can access the best quality treatment," Lt.-Gov. David Onley said in the throne speech.

Ontario's outdated hospital system will be modernized with a bill that "taps into the expertise of community partners and all health-care professionals" while an expert panel drafts guidelines on patient care, he said.

Legislation will also be introduced to make health-care providers and executives accountable for improving patient care, Onley said.

Ontario needs to be smarter with its health-care cash, which accounts for nearly half of every dollar it spends, Premier Dalton McGuinty said following the speech.

The proposed changes come amid concerns over rising hospital deficits and emergency room closures.

THE CANADIAN PRESS

Public service cuts slammed

MIRANDA MINASSIAN
for Metro Ottawa

BUDGET The head of Canada's largest public service has criticized the government for continuing to strip away at regulatory policies after Treasury Board president Stockwell Day announced 245 federal positions were eliminated yesterday.

"They are incrementally rolling out a cut here, a cut there. It is never going to end," said Public Service Alliance Canada national director John Gordon. "I want to see the government stand up and tell the people what services are going to be ending."

Day outlined the reductions to agencies, boards and commissions as part of the government's plan to improve efficiency.

"This is an important part of our commitment to overall restraint and prudent fiscal management," said Day.

"The reduction of 245 positions from various federal organizations will not affect the delivery of government services in any way."

Day said nearly 90 per cent of the positions were already vacant.

The cuts were recommended by a task force that reviewed nearly 2,700 positions in more than 200 federal organizations.

The Conservatives are calling this a move towards streamlining government organizations, with the cutbacks saving an estimated $1.2 million.

Conservatives plan to save $6.8 billion over the next five years by downsizing the government.

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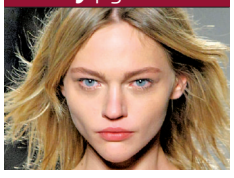

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Group seeks more women in politics

INITIATIVE The goal is 30 per cent by the year 2026.

A group of female politicians representing the Federation of Canadian Municipalities unveiled a new initiative on International Women's Day to encourage women to get involved in politics at all levels of government.

Nationally, women make up 13.9 per cent of mayors and 23 per cent of municipal councillors. The FCM would like to see at least 30 per cent of all elected government positions filled by women. ANDREW SZTEIN/ FOR METRO OTTAWA

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Throne speech encouraging, 'vague': MPPs

Politicians show partisan stripes

STEVE COLLINS
for Metro Ottawa

With the promise of more student positions at colleges and universities and an investment in water conservation and treatment technologies, yesterday's throne speech is encouraging news for Ottawa residents, according to Liberal Ottawa Centre MPP Yasir Naqvi.

However, Progressive Conservative Nepean-Carleton MPP Lisa MacLeod called the speech, "vague and recycled" and urged Ontarians to keep tabs on the promises that will never become a reality.

"In the past (the premier) has promised long-term care beds. He promised to close coal power plants ... all of which have become broken promises," said MacLeod. "They're out of gas. They're tired and they need to be defeated in the next election."

MacLeod said it was just as important to bear in mind the items neglected by the throne speech, like the HST, or an acknowledgement of $1 billion wasted on the e-health program.

However, Naqvi said there is a plan to create 20,000 new student spaces in colleges and universities this year and an increased effort to recruit international students, which will benefit Ottawa's colleges and universities.

Naqvi also touted the government's announcement of new legislation, the Water Opportunities Act, that supports the development and sale of water conservation and treatment technologies. "We know in Ottawa today there are a few companies who are working and doing research and development and commercialization of water cleaning technologies so they're bound to benefit and create jobs in the Ottawa area," Naqvi said, pointing to local water-purification players like Kanata-based EcoVu.

WITH FILES FROM TIM WIECLAWSKI

News in brief

TRANSIT HIRING The federal government's planned hiring freeze has not put the breaks on OC Transpo's search for employees. Ottawa's municipal transit service is looking to fill 85 bus operator positions over the next month. METRO OTTAWA

International Women's Day **Protest dance**

TIM WIECLAWSKI/METRO OTTAWA

Women wearing traditional Persian outfits dance in front of the Iranian Embassy yesterday afternoon on Metcalfe Street. The dance served as an International Women's Day protest of the repression of women under the current Iranian regime.

Adventurer finds women's daily juggle of family, career inspiring

International **Women's Day**

SPEAKER Meagan McGrath dragged a 200-pound sled alone on a 40-day trek to the South Pole and cheated death when she fell into a crevasse and was trapped for eight hours, but she's inspired by the everyday struggles of women juggling families and careers.

McGrath

As she told an International Women's Day breakfast yesterday, when that fall almost ended her Antarctic adventure before it began, she drew on the same sense of purpose that guides many women in their daily lives to keep going.

"We all do it and that's why it wasn't any different in that particular circumstance when I made the decision to carry on ... it's not unique — women do that every day. They analyze what they're doing and justify their actions for the betterment of their families."

Ottawa Coun. Diane Deans, who has hosted the Women's Day breakfast since 1997, said the decision to invite McGrath as keynote speaker was an easy one.

"I think she's an inspirational woman," she said. "She's living the dream and on International Women's Day it's really important to promote women and to celebrate women's achievements."

McGrath, an army major, has taken a year's leave to pursue adventure. She leaves Friday for a seven-and-a-half-month climbing tour of the Himalayas.

STEVE COLLINS/FOR METRO OTTAWA

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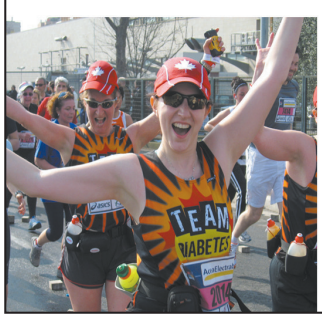

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'Pastor' sentenced to nine more months for another sex assault

A self-described pastor who is serving time for sexually assaulting a minor he claimed was his child bride has been sentenced to an additional nine months for abusing another girl. Daniel Cormier was convicted of sexually assaulting a 16-year-old who was a parishioner and volunteer at his now-defunct Church of Downtown Montreal. THE CANADIAN PRESS

Canada

Palins used Canadian health care

Sarah Palin's weekend admission that her family once travelled to Canada for treatment under the public health-care system she's so often demonized prompted ridicule among her critics yesterday. "Believe it or not — this was in the '60s — we used to hustle on over the border for health care that we would receive in Whitehorse ... and I think, isn't that kind of ironic now," Palin, left, told an audience in Calgary Saturday. THE CANADIAN PRESS

Jean sees hope, despair in Haiti

There were tears, hugs and Creole songs as a mobbed Gov. Gen. Michaëlle Jean returned to her native Haiti yesterday for an emotional tour of the island's wreckage as well as its hopes.

Both were on display from the moment Jean stepped from a helicopter onto the lawn of the collapsed Palais national.

"Mourning is one thing," Jean said after a meeting with Haitian President René Préval. "Making sure that life triumphs over destruction is the focus."

Préval, who moments earlier had spoken of Haiti's historic chance to rebuild, had also noted that the godmother of Jean's child had perished in the Jan. 12 earthquake.

Jean's next stop was Sainte Trinité Episcopalian Cathedral, the UNESCO World Heritage Site where Jean was baptized. It is now mostly tons of rubble.

Later, at an otherwise jubilant rally amid the ruins of the Ministry of Women's Rights, Jean finally cried during a song dedicated to a friend who died in the quake, the feminist Magalie Marcelin.

THE CANADIAN PRESS

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SCANLIFE

Saying Canada has abandoned its role, activists vow to stir the pot at G20 summit. Scan this code for the story.

Winthrop **Officer killed in shooting**

DAVE CHIDLEY/THE CANADIAN PRESS

A police cruiser sits by a house yesterday near the scene of a shooting that killed an OPP officer near the hamlet of Winthrop, Ont. Const. Vu Pham, 37, inset, was "immediately incapacitated" by the shot fired by a motorist, which observers said set off a close-range gunfight between police and a suspect on a southwestern Ontario rural road.

Today's special at parliamentary eatery: Seal meat

OTTAWA Seal meat hors-d'oeuvre and main courses will be on the lunch menu at the parliamentary restaurant tomorrow.

Senator Celine Hervieux-Payette says representatives of all political parties on Parliament Hill plan to sample the delicacies. The restaurant, an exclusive enclave for senators, MPs and journalists, said last fall it would add seal to a menu that features beef tenderloin, salmon, even bison.

The idea of serving seal came after Gov. Gen. Michaëlle Jean gnawed on a piece of raw seal heart during a northern visit last fall. While she was sharply criticized in Europe by seal hunt opponents, Ottawa politicians decided to follow her lead.

THE CANADIAN PRESS

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Cambodian rape victims face bribery demands: Report
Rape victims seeking justice in Cambodia face serious obstacles such as police who demand bribes before making an arrest, a human rights report released yesterday said. THE ASSOCIATED PRESS

World

Conference will craft plan for Taliban

Afghan President Hamid Karzai said yesterday that an action plan to reintegrate low- to mid-level insurgent fighters into society and negotiate with the Taliban's top echelon will be crafted at a springtime peace conference aimed at ending the war. Karzai has already extended the government's offer to members of the Taliban who renounce ties to al-Qaida and other terrorist networks and agree to embrace the Afghan constitution.
THE ASSOCIATED PRESS

Living to 100 in the genes?

It may not quite measure up to the fabled Fountain of Youth, but U.S. researchers say they are beginning to unlock the genetic mysteries of those who live astonishingly long and healthy lives.

And to put a complex story in its most compelling context, the mystery boils down to this: with an active lifestyle, and help from breakthrough medicines envisioned within our era, the chances of you sticking around to age 100 and beyond are better than ever.

So says the New England Centenarian Study, which is readying to publish surprising new discoveries from genetic mapping of Americans still ticking after 100 years of life. The upshot is that genes matter — but not as rigidly as you might think. The Boston-based research group's latest findings suggest there are multiple genetic pathways to the century mark — an unexpected breadth of different variations and combinations of genes that deliver the prize of triple-digit longevity. "You or I can both win the lottery of living to 100 with different combinations of genes," said Dr. Thomas Perls, director of the New England study group. Perls' work is more easily done nowadays, given the surfeit of centenarians, who now are the fastest-growing age group in the U.S., at 84,000 and counting. Some projections suggest their ranks will approach one million by 2050.
TORSTAR NEWS SERVICE

Fewer centenarians than the U.S.

- The number of Canadian centenarians appears to be comparatively smaller to the U.S., with 6,000 people 100 or older, according to Canada's Chief Actuary, Jean-Claude Menard. But that figure too is growing at a rapid rate. Canada, however, does rank as the birthplace of 114-year-old Mary Josephine Ray, who, until her death Sunday, was the world's oldest verified American. She lived her first three years in Prince Edward Island before moving south.

Seismologists: String of quakes is coincidental

EARTHQUAKES Experts say there is nothing unusual about the latest spate of earthquakes in Haiti, Chile and now Turkey, but their devastation illustrates how growing construction along the world's fault lines can lead to massive casualties.

Seismologists say that although one powerful quake can conceivably raise the risk for others elsewhere, the recent string of quakes is probably just coincidence. Bob Holdsworth, an expert in tectonics at Durham University, said yesterday that "I can definitely tell you that the world is not coming to an end." Bernard Doft, the seismologist for the Royal Netherlands Meteorological Institute, says there is no direct connection between the lethal quakes that have struck Haiti, Chile and Turkey. "These events are too far apart to be of direct influence to each other," he said. THE ASSOCIATED PRESS

"I can definitely tell you that the world is not coming to an end."
Tectonics expert Bob Holdsworth

Dutch bishop calls for inquiry

NETHERLANDS A leading Catholic bishop has called for an independent investigation into the sexual abuse of children by priests after 200 alleged victims contacted help services last week. What started as allegations of repeated incidents within a single cloister last month has quickly spread, and the Church victims' support organization Hulp en Recht has now received 200 complaints.

Rotterdam Bishop Ad van Luyn has apologized to victims and called for an independent investigation. Leading political parties have echoed those calls. Van Luyn yesterday summoned a meeting of bishops.
THE ASSOCIATED PRESS

Saving seats for women protested

NEW DELHI India's government introduced a bill yesterday that would reserve one-third of the legislature's seats for women, angering lawmakers who tore up papers and tried to tear out microphones. The protests stalled debate and voting on the proposal until at least today. The bill has faced strong opposition since it was first proposed, with many political leaders worried that their parties would lose seats under a female quota system.
THE ASSOCIATED PRESS

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ScanLife
Cheaters never win? Not when it comes to nuclear energy, says Nicolas Sarkozy. Scan this code for the story.

El Salvador **Celebrating Women's Day**

LUIS ROMERO/THE ASSOCIATED PRESS

Women march to celebrate International Women's Day in San Salvador, El Salvador, yesterday. In many countries in Latin America, the day will be dedicated to honour and remember the resilience of Haitian women, and the lives of three feminist Haitian activists who died during the catastrophic earthquake.

News in brief

NIGERIA The killers showed no mercy: They didn't spare women and children, or even a four-day-old baby, from their machetes. Nigerian women wailed in the streets as a dump truck carried dozens of bodies past burned-out homes toward a mass grave yesterday. At least 200 people, most of them Christians, were slaughtered on Sunday. The local government gave a figure more than twice that amount, but offered no information to substantiate it. The bloodshed appeared to be reprisal attacks, said Red Cross spokesman Robin Waubo.
THE ASSOCIATED PRESS

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Comment

Tory vision clears up

NationalReport

We always used to knock Stephen Harper's Conservatives for having no vision. The prime minister wasn't one for big words and fancy phrases.

Tom Flanagan, his former top strategist, spoke of incrementalism as being the favoured approach. The Conservatives didn't want to scare Canadians by putting out a muscular policy blueprint that would have them thinking they were in the grip of Republican-styled rednecks.

But four years in, it's become clear that the Conservatives are the party of vision and the Liberals are the party without one.

We couldn't see what the Conservatives were really up to because they kept taking detours. Only a year ago, Harper had party purists up in arms with his Keynesian big-spending approach to fighting the recession. It went against all his former precepts. But governance requires pragmatic detours and most of the detours have been taken, and now it's clear what the Conservatives are all about.

"It's classic conservative stuff and a bold departure from the Trudeau-styled liberalism Canadians knew for so long."

They're about law and order, a strong military, smaller government with low tax rates, traditional Anglo-Saxon family values and flag-waving patriotism.

It's classic conservative stuff and a bold departure from the Trudeau-styled liberalism Canadians knew for so long. Progress has been made on all fronts. The crackdown-on-crime bills roll out with regularity. Defence spending has soared and only now will tail off. The GST has gone down two points and other tax reductions, especially for corporations, have been introduced.

Multiculturalism has been curbed. With the emphasis on Arctic sovereignty, the flag has been hoisted in the North and, in this Olympic year, all across the country. Last week's budget signals a shutting down of the spending taps that have been open for so long. With a smaller tax base in place, future governments won't have room for welfare-state initiatives.

On foreign policy, the Conservatives are displaying a stronger partisanship, moving Canada from its traditional honest broker role. With the provinces, there is more of a decentralizing hands-off approach.

What we've seen so far is only part of what the Tories have in mind. It's only been four years and it's been done with a minority government.

This idea of Canada — a Canada with stronger right-wing values than ever before — may not be what the majority of Canadians want. But it is coming and it's coming fast. And a big reason for this is that no strong alternative has been put in place by the Liberals. They are in the grey middle. They have been lurching all over the place without a concrete vision, leaving the people with no attractive option.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

Finding a way to make online users pay

InBusiness

The past several years haven't been much fun for publishers of newspapers and magazines. Declining circulation and plunging ad revenues have ravaged bottom lines.

Some newspapers — the Seattle Post Intelligencer, the Christian Science Monitor — have shuttered their print editions and become solely online publications, while other major names like the Boston Globe have been threatened with shutdowns. Last year, 367 U.S. magazines closed. They were mostly small local and regional publications, but the list included a few venerable names, like Gourmet and Editor and Publisher.

At least the decline was an improvement on 2008, when 526 magazines closed for good. Even in Canada, where newspaper readership remains remarkably stable, profits have been pinched and costs (most often in the form of editorial salaries) are being ruthlessly pared.

The aging of the print generation is one reason for the overall decline, and recessions don't help either. But the big problem is the Internet. Every publication has a website and, while they generate some ad revenues, in most cases content is being given away.

Publishers are dying to find ways to make the Internet pay, and now they have some measure of just how hard a sell it's going to be. A recent Nielsen Company survey of more than 27,000 consumers in 52 countries found that 85 per cent think Internet content that's now free should stay that way. Why buy the cow when you can get the milk for free, right?

While many would consider paying for certain types of content, in particular, movies, music and games that are professionally made, newspapers and magazines are a different matter. People are more reluctant to pay for them because their online content has become a commodity that's readily available from multiple sources.

There is, however, a solution for publishers, even though it will be distasteful for most of them. They can invest in quality content, the kind that's intensively researched, well reported, and diligently edited. Thoughtful and reliable content can give readers depth and understanding they won't necessarily find somewhere else.

There's a reason why people pay for full access to sites like The Economist or the Wall Street Journal. It's because they offer content and analysis that's qualitatively better than most of their competitors' free offerings. For a generation of Canadian publishers who have operated on the premise that editorial content costs are, at best, a nuisance to be tolerated, this could be a revelation.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Asia-Pacific region lags on gender equality: UN

International Women's Day

Nearly 100 million women across Asia have "disappeared" because of a huge and growing gender gap that has fatally deprived them of access to health care and food and has led to widespread abortions of female fetuses, according to a UN report released yesterday.

96 The report estimated that 96 million females "disappeared" in 2007, either in gender-selective abortions or through the disparity in services. There were no separate numbers for deaths caused by gender-selective abortions versus neglect, infanticide and inadequate nutrition and health care.

The report, timed to coincide with International Women's Day, said the Asia-Pacific region lags behind much of the world on nearly all aspects of gender equality because of deeply entrenched traditions favouring men and poor government efforts to counteract them.

"The efforts of individual countries have not yet been broad, deep, sustained or serious enough to undercut the severe forms of discrimination that persist," according to the report, compiled by the United Nations Development Program.

And the disparities are spread across the continent, hitting wealthy countries such as Japan as well as poor countries such as Bangladesh, the report said.

Asia has the highest ratio of male babies born compared to female babies born, according to the report. In East Asia, which has the greatest disparity, 119 boys are born for every 100 girls. The world average is 107 boys for every 100 girls.

The reason for the disparity is mostly a cultural preference for male children and gender selective abortions. THE ASSOCIATED PRESS

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Slice coming to Canada 7

Kimbo Slice is coming to Canada. The UFC confirmed yesterday that the former street brawler will meet heavyweight Matt Mitrione at UFC 113 in Montreal May 8. THE CANADIAN PRESS

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

JUSTIN K. ALLER/GETTY IMAGES

Boston Bruins players gather around injured teammate Marc Savard Sunday night.

No 'cut and dry' fix for NHL head shots

As more ugly head shots make news, the NHL's 30 general managers are still wrestling with how to handle the issue.

The GMs were presented with an avalanche of information about concussions and various types of checks on the opening day of their annual meeting yesterday, but they seemed no closer to a recommendation that could lead to fewer hits to the head.

And the pressure is mounting. After watching Boston Bruins forward Marc Savard carried from the ice on a stretcher and hearing players start to voice concern, many are looking to the GMs to make some kind of recommendation by the time their meetings wrap up tomorrow.

VideoOnline
Watch Matt Cooke's hit on Marc Savard at metronews.ca/sports

It won't be easy.

"I hope that we can do something that can help fix part of the problem, but it's not really as cut and dry as a lot of people think," said Carolina Hurricanes GM Jim Rutherford.

The managers have discussed the issue several times in the past, including at these meetings a year ago after former NHL Players' Association executives Paul Kelly and Glenn Healy raised it.

They've yet to find an acceptable way to reduce the head hits while still maintaining the physical nature of the sport.

The GMs will break into smaller groups today to discuss a variety of topics — including head shots — and could come up with a recommendation before going home. Any rule change is subject to the approval of the competition committee and board of governors.

THE CANADIAN PRESS

Sports in brief

GEAR Reebok says its tipline and $10,000 reward for Sidney Crosby's missing Olympic glove and stick are already paying dividends. Len Rhodes, vice-president and general manager for Reebok Hockey CCM, says the tipline is producing everything from encouraging comments to claims of "potential information."

NBA Spurs guard Tony Parker won't need surgery on his broken right hand, meaning he may be able to return for the playoffs. METRO NEWS SERVICES

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ScanLife
With Michael Schumacher facing a tough field, some worry he risks his legacy with an F1 comeback. Scan this code for the story.

Howard keeps perfect record

BRIER Glenn Howard's Ontario rink is still perfect at the Tim Horton's Brier.

Howard, a three-time Brier winner, beat New Brunswick and Nova Scotia yesterday to top the standings at 5-0.

Manitoba, Alberta and Newfoundland and Labrador are close behind with 4-1 records after three days of play.

Alberta's Kevin Koe struggled in the early draw, losing to B.C. He got back on track with a 9-5 win over Saskatchewan (2-3).

Manitoba's Jeff Stoughton easily handled Quebec in his only contest of the day, while Newfoundland's Brad Gushue thumped Nova Scotia 10-3 in the early draw and then downed P.E.I. 7-3. Quebec is at 3-2 after an 8-7 win over B.C. (2-3).

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Dallas 4 Washington 3 (SO)
Columbus at Los Angeles

TODAY'S GAMES
Boston at Toronto, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Nashville at Atlanta, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Vancouver at Colorado, 9 p.m.
Ottawa at Edmonton, 9 p.m.
Columbus at Anaheim, 10 p.m.

NBA

YESTERDAY'S RESULTS
Cleveland 97 San Antonio 95
Dallas 125 Minnesota 112
Memphis 107 New Jersey 101
New Orleans 135 Golden State 131
New York 99 Atlanta 98

TODAY'S GAMES
Miami at Charlotte, 7 p.m.
Philadelphia at Indiana, 7 p.m.
L.A. Clippers at Orlando, 7 p.m.
Houston at Washington, 7 p.m.
Utah at Chicago, 8 p.m.
Boston at Milwaukee, 8 p.m.
Sacramento at Portland, 10 p.m.
Toronto at L.A. Lakers, 10:30 p.m.

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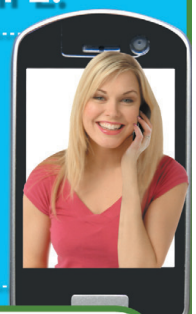

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Youth set to boost housing market

Young Canadians are expected to give a boost to Canada's housing market this year as more of them tie the knot, get full-time jobs, and see those opportunities as major reasons to make take the plunge and buy a home.

A new study by the Royal Bank suggests that younger Canadians aged 18 to 24 are about to take the market by storm, with about 15 per cent of those surveyed in that age bracket saying they are very likely to buy, almost double the level recorded in 2009.

It's a marked shift in the attitudes of younger Canadians, who have tightened their budgets over the past few years to cope with tough jobs markets and a recessions.

10 The percentage of the 2,047 people of all ages surveyed for the 17th annual RBC home ownership study said they plan to buy a home within two years — up from seven per cent two years ago.

The latest survey shows that overall attitudes are changing as more Canadians return to shopping for homes as the economy recovers, even though it's considered a seller's market.

"Confidence in the housing market is back, essentially," RBC senior economist Robert Hogue said yesterday. Royal Bank said the study found more Canadians are "very likely" to buy a new home in the next two years. The Canada Mortgage and Housing Corp. said that the seasonally adjusted annual rate of housing starts reached 196,700 units in February, an increase from 185,400 in January 2010.

THE CANADIAN PRESS

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SCANLIFE

Toyota fires back at critic who blames electronics for sudden acceleration issue. Scan this code for the story.

Rich Dad's Solution to the Economic Crisis on Wall Street

PROTECT Yourself & Even PROFIT In Today's Volatile Market

Now is NOT the time to rely on banks and brokers who get paid even when your portfolio tanks.

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RICH DAD HAS A PLAN – LISTEN TO HIM WHILE THERE'S STILL TIME

Robert Kiyosaki, author of the runaway bestseller ***Rich Dad Poor Dad***, saw this crash coming **six years ago**! He wrote about it in his book, ***Rich Dad's Prophecy***. That book not only said the biggest stock market crash in history was coming – it also outlined a **plan to prepare yourself and potentially profit from it**.

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Robert Kiyosaki will not attend this workshop.

Your Money

Seizing your tax power

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

When I filled out my first tax return (too many years ago to state the number in a national column!), most Canadians did their own taxes — on paper. Today, 52 per cent of us pay someone else to do the annual chore.

Every time you turn over your tax return to someone else you take a big step away from financial control. I know because I once started down that road.

With kids, a career, a marriage — there didn't seem to be enough time; also my return had become more complicated. But with an accountant doing the job I found myself understanding less and less about what was going on with my money. On top of that I was paying other people to make mistakes.

More than half of those who pay someone to do their taxes state they don't have the confidence or knowledge to tackle it themselves. However, today's tax software programs are simple to use.

ALISON'S MONEY RULE
Looking for a sure fire way to save some money this tax season? Do your own return.

Starting at around $19.99 popular titles include Quick Tax, UFile, HR Block, TurboTax, Cantax and GenuTax. Most offer multiple returns and often unlimited ones for low income filers. Couples can file together and the programs optimize who should claim a host of deductions from charitable donations through to medical expenses and the transfer of tuition and disability amounts.

Even small business owners and the self-employed can complete their returns easily. For example, use of home deductions are clearly laid out in these programs. You just plug in the number of rooms or percentage floor area plus figures for expenses such as hydro.

You may still end up on the phone with Canada Revenue Agency or with the software publisher (if you've upgraded to phone support) for clarification — it's income tax after all. However, if you take this step you will, as I did, achieve a sense of power over your finances. And I'm a big fan of seizing power when you can.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

On the web

Money Matters: Henry Choo Chong talks about your tax filing options.

One more reason to hate spam

HEATHER BUCHAN
For Metro Canada

Fraud Prevention

We've all received a forwarded email from a friend, containing a humorous or feel-good message, that asks us to pass it along to 10 others with the promise that "something good will happen." And, many of us have done it. Seemingly harmless, right?

Not so, says Tim Richardson, an e-commerce professor at Seneca College. This is a typical scam and contributes to identity theft, he says.

"If you pass on a message, what you're doing is allowing the originator of the message to collect all these email addresses, which will then be used to send out spam email," Richardson says. "Don't pass on jokes and messages you get from people because you're contributing to the volume of spam that goes out there."

Spam is one way that fraudsters try to obtain personal information, including passwords and bank information, by sending out mass emails or text messages that appear to come from legitimate businesses.

Also known as phishing, many Canadians have been tricked into sharing their passwords, social insurance number, credit card and bank account numbers. Typically, the email will claim to be from your bank or another institution, asking you to update your personal information.

According to the RCMP's anti-fraud squad, instant messaging, social networking sites and video messaging sites also make users more vulnerable to blackmail scams from new virtual "friends."

Law enforcement agencies have seen a rise in cases of people being blackmailed by "virtual" friends, who make demands for money with the threat of posting embarrassing or damaging information and photos of the victim online.

Protecting yourself from email fraud

- Never provide personal financial information in an email. Banks don't ask for such information via email.
- Never click on links in emails from senders you don't know. The link could take you to a fraudulent site where you'll be asked to enter your PIN and other personal information.
- Never respond to emails offering money, threats of legal action, or warnings of compromised security. Delete the email and report it to Phonebusters at 1-888-495-8501.
- If you receive a suspicious email regarding your finances, report it to your financial institution.

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As part of *Fraud Prevention Month*, we remind you to always protect yourself online.
For more information about both services, visit interac.ca today.

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For 10 years, Cover FX has quietly created a cult following across Canada. The original cream foundation ($39) was crafted to cater to the needs of people with skin disorders but successfully crossed over to beauty, now with more than 30 shades available at Sephora, The Bay and Shoppers Drug Mart. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Face forward on fall runways

LIZA HERZ
for Metro Canada

The major fashion shows aren't just a preview of what we'll be wearing six months from now, they also flash some massive clues about the latest beauty trends.

Think of it as the cosmetic culture's version of a crystal ball, a chance to peer into the future and glimpse the latest looks from the Autumn/Winter 2010/11 collections, as seen on four world runways.

This year, if there's anything conclusive to say about the recent ready-to-wear shows in Europe and New York, it's that we'll still be wearing nude lipstick in September.

Unless of course, we're wearing bright orange lipstick instead.

That's the eternal seesaw of beauty. For every trend, a counterveiling trend.

FRAZER HARRISON/GETTY IMAGES FOR IMG

New York: Michael Angel went green and natural.

1 NEW YORK
Bright spring-like colours were a definite theme on Gotham's runways: Orange lips at Max Azria and Richard Chai, ice blue eye shadow at Jason Wu. Maybelline New York's global makeup artist Charlotte Willer giddily underlined eyes in vivid green for Michael Angel (see Maybelline's Irresistibly Ivy Eye Studio palette, $12), then paired it with a subtle, nude lip colour (Maybelline Color Sensational lipstick in Born with It, $10) dabbed on by finger for a soft, edgeless look.

AMY SUSSMAN/GETTY IMAGES

London: Mulberry modernized a classic '60s look.

2 LONDON
Lush and seductive were the bywords in Londontown. Stained berry lips at Pringle of Scotland, eyeliner lining mouths at Vivienne Westwood. At Mulberry the smoky cat eye added an edge of retro allure to the bright, flirty clothes. Unlike a precise cat-eye rendered in liquid eyeliner, the smoky look is virtually goof-proof because the smudgier it looks the better it looks. Try it with Covergirl's Smoky ShadowBlast in Onyx Smoke ($9).

GIANLUCA ABERTA RIGIAN LUCA ALBERTARI FOTOGRAMMA

Milan: Gianfranco Ferre revved it up with red.

3 MILAN
Nothing gives you more impact for less effort than bright red lips. This attention-getting trend appeared all over Milan: with minimal eye makeup at Gianfranco Ferre; with a smoky cat eye at DSquared; and in an over the top trifecta of red, at Luisa Beccaria, MAC's makeup artists went all out using MAC's Cherry pencil ($15.50), Ruby Woo lipstick ($16.50) and Russian Red lip glass ($16.50). La Dolce Vita indeed.

JACQUES BRINON/AP PHOTO

Paris: Balmain banished full-fledged colour.

4 PARIS
A healthy glow? Mais, non! Pale skin dominated the Paris shows, paired with a defined brow and a soft pink mouth at Nina Ricci, Balmain, and Dries Van Noten. At Balenciaga the girls were as translucent as space aliens with only a soft circle of blush for colour. Get the look with Clarins Cotton Flower Collector Face Palette ($42), a subtle shimmery veil that evens skin tone and adds luminosity

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Happy Birthday, Botox!
BOTOX, a neurotoxin that decreases muscle activity, was approved to use in Canada 20 years ago this week. The same substance used to treat medical conditions, such as crossed eyes and spasticity, is also injected in smaller doses into crow's feet and wrinkles. METRO NEWS SERVICES

Mirror, mirror on the wall ...

The J Spot

metronews.ca/thejspot

Poor body image is probably one of the most common obstacles women face when it comes to enjoying sex. It's hard to focus on pleasure when you're holding in your stomach.

But I've always maintained that a less-than-perfect body carried with self-confidence is way hotter than a flawless body carried self-consciously.

If you carry yourself with sexual confidence, no matter what size or shape you are, people buy into it.

It's like advertising — you know that miracle cream isn't really going to erase wrinkles and make you look years younger immediately but, the way they sell it, it's darned convincing.

"The best way to make your partner feel like you love his or her body is to send out a steady message of acceptance."

You are your own best marketing machine

Also, if you put your sexual life on hold until some undetermined time in the future when you'll lose 20 pounds, you are denying yourself pleasure now.

Like my favourite makeover stylists Stacy and Clinton of TLC's What Not to Wear always say, "Buy clothes for the body you have now."

Stop criticizing your body and focus on what you love about it.

It's got you this far in life. It deserves a little appreciation. Embrace and focus on what is going on between you and your partner, not what's wrong with your body.

To help boost your sexual self-confidence and improve your body image, get naked with yourself.

Pour yourself a glass of wine (or two) and strut around your house or apartment when you're alone (probably best to draw the curtains).

And just because guys don't sit around and whine to each other about their saggy thighs — "Oh God, Doug, I just hate my gut." "Oh c'mon Steve, you look great!" — doesn't mean body image isn't an issue for them too.

The best way to make your partner feel like you love his or her body is to send out a steady message of acceptance.

We tend to slow down the compliments as we get more comfy in a relationship, when they're really most important.

No need to lie. Just focus on things you genuinely like about your partner and mention them often.

Help your partner accept the things they don't like by complimenting them and making them realize you're in love with them as an entire package, which means you love the wobbly bits too.

Though you might want to find a better way to phrase it.

Single and senior? Read Josey's blog Sexcetera at metronews.ca to discover an online magazine just for you.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Spring clean your noggin

CELIA MILNE
for Metro Canada

Spring has always been a time to freshen up — wearing brighter colours, losing that winter belly fat, cleaning out your home.

Why not spring-clean your brain while you are at it?

"It is certainly possible to give the brain a tune up," says Dr. Alan Logan, a naturopath and author of The Brain Diet.

The three cornerstones of better brain health are: Good nutrition, regular exercise, and keeping the brain stimulated.

In the realm of nutrition, here are some things to keep in mind. Eat lots of omega-3 fatty acids — which are found in fish, seafood, canola oil, and green leafy vegetables.

They are known to improve mood and cognitive focus. One of the ways they do this is by stimulating the production of a protein in the brain called BDNF, says Logan. BDNF is responsible for regenerating (or tuning-up) the brain cells. Studies of people with depression have found they have low levels of BDNF.

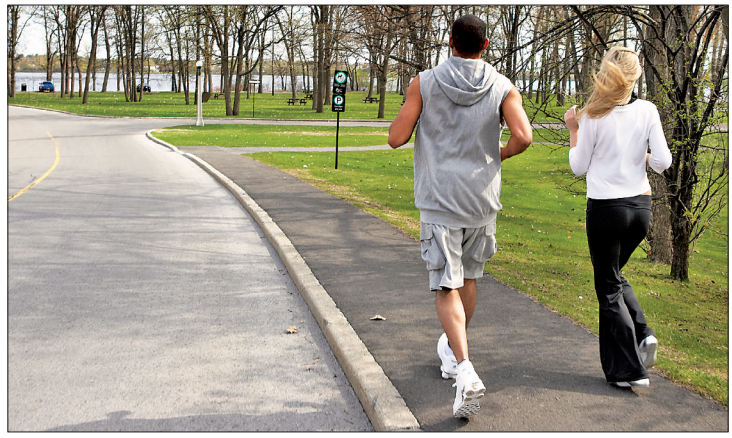
Another brain-healthy habit is to eat breakfast regularly to help sustain mental energy, says Logan. Avoid foods that are high in sugar, trans-fats and saturated fats.

Look for whole grains breads and cereals, which provide a steady fuel supply and avoid the ups and downs of the sugar roller coaster.

Exercise is also crucial for brain health. Like good nutrition, exercise turns on BDNF production in the brain.

Dr. John Ratey, a Harvard psychiatrist who wrote Spark, the Revolutionary New Science of Exercise and the Brain, has found that exercise supercharges the circuits of the brain and sharpens thinking.

If you can, exercise amidst nature, as has been shown to improve mood even more.



PHOTOS.COM

Exercising outside stimulates your brain and improves mood.

"The three cornerstones of better brain health are: good nutrition, regular exercise, and keeping the brain stimulated."

According to Logan, Canadians are 86 per cent more likely to engage in leisure-time physical activity during the summer months versus the winter.

More sunlight (which means more vitamin D), longer days and more exercise may influence the production of the "feel good" brain chemicals, including serotonin.

The third factor in brain health is mental stimulation. Look for ways of challenging your memory and add a variety of brain challenges to your day.

"Doing games, puzzles or simply learning new tasks — as complex as learning a foreign language or as simple as taking alternate routes to work — helps to improve memory and cognitive centres," says Logan.

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SO, YOU NEED A ROOT CANAL...

Those are probably not the words that many of you want to hear. However, the truth is that many of us will require at least one root canal at some point in our lives. And the good news is that modern treatment methods have made this procedure much simpler and more efficient than in the past.

Quite simply, a root canal becomes necessary when a tooth has decayed to the point that it cannot be helped with a simple filling. If the decay has affected the pulp or the root of the tooth, the tooth may effectively be "dead". If it is not treated, the infection could prove to be extremely painful. So it is best to deal with the root canal sooner rather than later.

So what should you expect when you arrive for your root canal? The first thing that will happen is your tooth will be numbed. Then your dentist may place a rubber dam around the area to ensure that saliva is kept away from it. This work is best performed when the area is dry.

When everything is in place, your dentist will drill a small hole in the tooth so that s/he can access the root. Small files will be used to remove any decay or bacteria and generally clean out the root canal (hence the name!)

Dr. Wayne Perron
Dental Surgeon

When this process is completed, your dentist will seal the tooth to prevent further bacteria from getting to the root. Finally, your dentist will have to make the tooth usable once again.

If the damage to the root and the tooth was not that extensive, a filling may be sufficient. However, in some cases, the infection may have actually resulted in the tooth being effectively "dead". A dead tooth is far too brittle to leave with just a filling. A crown may be necessary to ensure the continued viability of the tooth.

If this all sounds overwhelming, not to worry! Root canals are common and they can be done easily and with little discomfort! Most importantly, they provide effective treatment for an infected tooth that, if left untreated, could cause serious health concerns.

So if your dentist advises you that you need a root canal, make sure you ask any questions you have about the procedure. And rest assured that it is often an effective treatment for infections below the gumline. Because treating infections promptly as they arise is a healthy habit…and healthy habits lead to healthy lives!

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Food and rock 'n' roll

Staring April 1, check out Food Network Canada's brand new Canadian series, Bitchin' Kitchen. It explores delicious recipes for life and love with a twisted sense of humour and a rock 'n' roll edge. The host is Nadia G. METRO NEWS SERVICES

Food

The survey says... more organic

Expect to see more organic produce and locally sourced food on Canadian restaurant menus, a survey of professional chefs reveals. Conducted by the Canadian Restaurant and Foodservices Association, the survey of close to 400 chefs took place in January and February by BrandSpark International, a Canadian market research firm. The top menu trends across the country as identified by the chefs include sustainability, artisanal cheeses, simplicity and back to the basics, nutrition and healthy cuisine. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Cheap vinos

As the economy shuffles its way back to some form of normalcy the one thing many of you have kept as a souvenir from the last year or so is a new found appreciation for cheap wine.

I know what you're thinking. Hasn't there always been a market for true "table" wines? Sure, but what our latest financial catastrophe happened to coincide with was the arrival of some really decent under $10 juice at national liquor stores.

And I'm not talking blended in Canada type stuff. The abundance of quality fruit being produced in Argentina, Chile, Australia and the U.S. has meant that for once there's actual variety when you head down to the bargain basement.

California's Gray Fox Vineyards' wines are a good example of inexpensive consistency. Its creamy **2008 Chardonnay** ($6.95 - $9.99) is all about up-front tropical fruit that will cozy up nicely to roast chicken and simple shellfish-based dishes.

Canadian Living recipe of the month

Pan poached salmon

Poached Salmon with Salsa Verde

PREP: 10 MINUTES
COOK: 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS:

- 1 each onion and rib celery, thinly sliced
- 3 thin slices lemon
- 4 sprigs fresh parsley
- ½ tsp (2 mL) each salt and peppercorns
- 4 skin-on salmon fillets (each 6 oz/175 g)
- Lemon wedges

Salsa Verde:

- ⅓ cup (75 mL) fresh bread crumbs
- 3 Tbsp (45 mL) red wine vinegar
- 1 hard-cooked egg, coarsely chopped
- 1 bunch fresh parsley, stemmed
- 2 Tbsp (25 mL) capers
- 2 anchovy fillets
- 1 clove garlic
- ¼ cup (50 mL) extra-virgin olive oil

METHOD:

1. In wide low pan large enough to hold fish in single layer, bring 3 cups (750 mL) water, onion, celery, lemon, parsley, salt and peppercorns to boil. Cover, reduce heat and simmer for 5 minutes.

2. Add fish; poach just below simmer, covered, just until salmon flakes easily when tested, 5 to 7 minutes. With slotted spatula, transfer fish to plates; remove skin.

3. **Salsa verde:** Meanwhile, soak bread crumbs in vinegar for 5 minutes; transfer to food processor. Add egg, parsley, capers, anchovies and garlic; chop finely. With motor running, drizzle in oil and 3 tbsp (50 mL) of the cooking liquid. Serve with salmon. Garnish with lemon wedges.

Left; Poached Salmon with Salsa Verde. Right: Lemon Cupcakes with Chocolate Icing.

Lemon Cupcakes with Chocolate Icing

PREP: 15 MINUTES
COOK: 20 MINUTES
MAKES: 12 CUPCAKES

INGREDIENTS:

- 1 cup (250 mL) granulated sugar
- 4 tsp (20 mL) grated lemon rind
- ½ cup (125 mL) unsalted butter, softened
- 4 eggs
- 2 Tbsp (25 mL) lemon juice
- ¾ cup (175 mL) sifted cake-and-pastry flour
- ¾ cup (175 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- ¼ tsp (1 mL) baking soda
- Pinch salt
- ½ cup (125 mL) milk

Chocolate icing:

- ½ cup (125 mL) unsalted butter, softened
- 1¼ cups (300 mL) icing sugar
- Pinch salt
- 2 oz (60 g) unsweetened chocolate, melted and cooled
- 2 tsp (10 mL) hot water

METHOD:

1. In small bowl and using fingers, rub sugar with lemon rind until fragrant.

2. In large bowl, beat butter until light and pale, about 2 minutes. Beat in lemon sugar, 1/4 cup (50 mL) at a time and beating for 30 seconds after each, until fully incorporated, about 5 minutes total. Beat in eggs, 1 at a time, beating well after each (mixture will be runny). Beat in lemon juice.

3. In separate bowl, whisk together cake-and-pastry flour, all-purpose flour, baking powder, baking soda and salt; sift into butter mixture alternately with milk, making 4 additions of dry ingredients and 3 of milk (batter will look curdled). Scrape into 12 paper-lined or greased muffin cups.

4. Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 20 minutes. Let cool in pans on racks for 10 minutes. Turn out onto racks; let cool completely.

5. Chocolate Icing: In bowl, beat together butter, icing sugar and salt until fluffy; beat in chocolate. Beat in hot water until fluffy. Spread over cupcakes.

online

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Barker gets DJ Am tattoo

Travis Barker showed off his new tattoo, which honours his longtime friend, the late DJ AM. Barker posted a photo of the thigh tattoo on his Twitter account and tweeted, "Finished my AM tattoo last night." POPEATER.CA

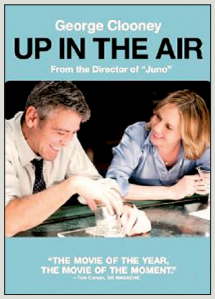
Entertainment

Dance partner

Brooke Burke is set to co-host Dancing With the Stars alongside Tom Bergeron, it was announced yesterday. Burke will replace Samantha Harris, who said in January that she was leaving the show. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks



Up in the Air

Directors: Jason Reitman

GEORGE CLOONEY HAS never seemed more vulnerable or more in tune with a role than he does as corporate downsizer Ryan Bingham, a high-flying Grim Reaper for recessionary times.

This isn't the grinning matinee idol of the Ocean's 11 movies or countless magazine fronts, trading on his looks rather than his talent. Clooney puts flesh and blood into his paradoxical portrayal of Bingham, a hitman with a conscience, and the story obviously matters to him as much as it does to director Jason Reitman. Together they are asking how America, a land of boundless optimism and promise, could be reduced to finding more efficient ways to think smaller.

Hovering above the clouds, Bingham literally floats through life. This thoughtfully entertaining film represents a quantum leap for Clooney, who has never been better, or funnier.

Bingham may have met his match in two women, one he knows casually and the other professionally. There's Alex (Vera Farmiga), another perpetual road warrior who shares his delight with high-end travel and hotel sex. Then there's Natalie (Anna Kendrick), a new hire at Bingham's Omaha downsizing firm whose last name "Keener" says it all. She has a plan to slash the company's travel budget by firing people via Internet chats. Up in the Air is the film of the buyout-and-burnout era.

Extras include a commentary by director Reitman and deleted scenes.

Peter Howell/for Metro Canada

Next big thing

Festival shines light on up-and-coming acts

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

The biggest music festival in the country kicks off in Toronto this week with 700 acts from across Canada and around the world setto perform. Here are five bands that are posied to make a little more noise than the others for the assembled media and industry delegates at Canadian Music Week.

Hannah Georgas: You probably haven't heard of Vancouver singer-songwriter Hannah Georgas, but it won't be long until her name is uttered in the same breath as Feist and Emily Haines. Georgas, whose song You've Got a Place Called Home was featured in a Walmart commercial, doesn't sound like the those artists, but her infectious indie rock sounds are just as confident and mature.

Ghostkeeper: It's not every day you hear a band that combines old-timey folk, blues and noise pop, which is precisely why this Calgary foursome is on a lot of people's CMW lists. The band is difficult to describe — their debut disc starts off with an acoustic White Stripes-like blues tune, but ends up veering off into distorted blasts of weird rock. It's intriguing and unusual, but catchy and accessible too.

Handsome Furs: This husband and wife duo don't need any more press, but it bears repeating — Montreal's Handsome Furs are easily one of Canada's best acts. Led by Dan Boeckner, one of Wolf Parade's vocalists, the band combine Springsteen-like songwriting with electro fuzz, wailing guitars and frighteningly intense energy.

Postdata: If you like haunting melodies and soft acoustics with an East Cost sensibility, then you have to see Halifax's Postdata. It's actually a new project from Paul Murphy, Wintersleep's frontman, but I'd argue that it's far better than anything he's put out with his band. His debut is littered with bright, inspiring vocals overtop quiet finger-picked guitars and droney keys.

Rural Alberta Advantage: There are many, many fantastic Ontario acts to see during CMW, but if you're going to see one band from Canada's most populous province, make it the Rural Alberta Advantage. The group — whose singer hails from Fort McMurray and sings about Alberta — delivers straight-up indie rock filled with countless hooks and wild percussion.

Hannah Georgas performs at Canadian Music Week in Toronto.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/9/10 primetime	265	353	2	TVO	Blue Realm		The Agenda With Steve Paikin		Father & Son (Part 2 of 4) (N)		The Cosmos	The Cosmos	Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Double Identity"		NCIS: Los Angeles (N)		The Good Wife "Fleas"		News Hour
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Trauma "Foi et néant" (SC)		Le Téléjournal Nouvelles. (SC)		TJ Ontario
	209	342	6	CHRO	Degrassi	TMZ (N)	Lost "Sundown" (HDTV)		The Middle (N)	Old Christine	Robson Arms	Robson Arms	Comedy Now
	196	311	7	CTV	etalk	Access H.	American Idol		Lost "Dr. Linus" (N)		Law & Order: Special Victims		CTV News
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy Fest	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser The contestants work at a food bank.				Parenthood (HDTV) (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Rock et Rol	Caméra Café	La Promesse (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Oncle Charlie	Roxy (SC)	CSI: NY "Du sang jeune" (SC)		Flashpoint (SC)		L'Attaque à 5 (N)		À couper
	137	763	12	TFO	Panorama		Artisans du changement		*Une Affaire de femmes* ★★★ (1988, Drame) Isabelle Huppert.				Facteur
	-	362	13	CBS	The Insider (N)	Judge Brown	NCIS "Double Identity"		NCIS: Los Angeles (N)		The Good Wife "Fleas"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	214	344	15	CITY	Law & Order: Special Victims		The Biggest Loser The contestants work at a food bank.				Parenthood (HDTV) (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Boys and Girls* ★ (2000, Romance-Comedy), Claire Forlani				*Bowfinger* ★★★ (1999, Comedy) Steve Martin, Eddie Murphy.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Lost "Sundown" (HDTV)		Lost "Dr. Linus" (N)		the forgotten (N)		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol		Glee "Sectionals"		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Andre Rieu Live in Dresden: Wedding at the Opera				Visions of Ireland			Charlie Rose
	205	312	104	CTV	etalk	Access H.	American Idol		Lost "Dr. Linus" (N)		Law & Order: Special Victims		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	UEFA Champions League Soccer Arsenal vs. FC Porto. (HDTV)						NHL Hockey Ottawa Senators at Edmonton Oilers.		
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	(6:30) Curling 2010 Tim Hortons Brier, Draw 11. (HDTV) From Halifax. (Live)					SportsCentre		NBA Basketball	
	410	403	52	SCR	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.						Score Now
cable variety	411	457	56	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters International		Destin. Truth
	417	406	59	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)		Pass Time
family	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	Gene Simmons
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds "In Heat"		Criminal Minds		CSI: Miami (HDTV)		CSI: Miami
	628	584	32	SPKE	UFC Unleashed (HDTV)		UFC Unleashed		UFC Unleashed		Blue Mountain	Players (N)	Ways to Die
	521	560	34	TLC	Ultimate Cake Off		Dwarf Adoption Story		19 Kids-Count	19 Kids-Count	Miss Turkey Trot		Dwarf Adopt
	145	761	35	TV5	Zoom animal		Découvrir le monde		Partir autrement		ADN	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*Devil's Diary* (2007, Suspense) Alexz Johnson.				Drop Dead Diva (HDTV)		NCIS
	620	523	40	BVO	Buffy St. Marie		At the Concert Hall		Kaeshammer	Side-Dick Dale	Cowboy Junkies: Trinity		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	CMT Star
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*King's Ransom*
	600	564	49	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Masters of Science Fiction		InnerSpace (N)
	581	566	53	MTV	Peak Season	Cribs	Cribs	Parent Control	16 and Pregnant		16 and Pregnant (N)		My Life as Liz
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Last 10	Tube Tales
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	129	773	60	CD	Biographies "Jason Priestley"		Ondes de choc		Images-chocs		Gangland "Blood Oath" (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	602	567	62	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	*Coyote Waits* (2003, Mystery) Adam Beach, Wes Studi.				Fish Out of
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible		Hell's Kitchen		Good Eats	Good Eats	Restaurant

critics'corner

Sarah's House

Sarah Richardson has a vested interest in the properties she makes over on this series: They're hers. In the third season, the designer and her partner, Tommy Smythe, tackle the room-by-room renovation of a rustic farmhouse, with an eye always on the bottom line. 2 PM on 49 H&G

The Biggest Loser

The blue and black teams compete in a challenge that tests their strength as each pulls a truck, then puts together a puzzle with crates they had to stop and load along the way. Later, the contestants must work eight-hour shifts at a food bank and make time for workouts. 8 PM on 15 CITY 9 NBC

NCIS: Los Angeles

Callen and the NCIS team must delve into the world of underground street racing when a sailor competing in one of these races is killed. They soon discover that not only had his car been sabotaged, but it contained confidential Navy equipment in the new episode "Full Throttle." 9 PM on 13 CBS 3 GTV

Movie trivia: He prepared for Law Abiding Citizen by sitting in rush hour traffic
Gerald Butler reportedly got so infuriated with Victoria Beckham causing a hold-up on the Academy Awards red carpet he ignored waiting photographers and headed straight into the event, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

ROB THOMAS is committed to keeping his fans updated, **MINDY KALING** develops a new crush, **PETE WENTZ** is only making his son uncomfortable today (so far), and **LILY ALLEN**'s retirement plans do not involve rhetorical coherence.

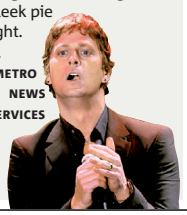
@ThisIsRobThomas working out. going down to the studio for a while and then i'm going to buy a new i-book. if you care.

@mindykaling Oh, Sam Worthington, your glasses make me think you're imperfect and therefore accessible.

@petewentz the baby does not recognize me beardless or at least he's suspicious.

@lilyroseallen Now that I've retired in gonna try and get on "come dine with me" I'm making chicken tarragon and leek pie tonight. Yum.

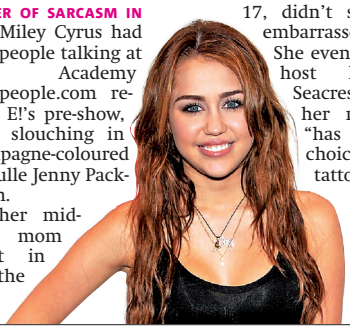
METRO NEWS SERVICES



Miley a 'class act' at Oscars

AND JUST IN CASE THE QUOTATION MARKS WERE TOO SUBTLE, THAT HEADLINE CONVEYS EVERY FIBER OF SARCASM IN MY BEING Miley Cyrus had plenty of people talking at Sunday's Academy Awards, people.com reports. On E!'s pre-show, she kept slouching in her champagne-coloured silk and tulle Jenny Packham gown.

Then, her middle-aged mom Tish got in front of the camera and spun around, showing off angel wings she has tattooed on her back. Miley, 17, didn't seem embarrassed. She even told host Ryan Seacrest her mom "has nice choices in tattoos."



Cyrus later ditched her mom at Elton John's post-Oscar bash, where she snuggled with boyfriend (and Last Song costar) Liam Hemsworth.

At the bash, they packed on the PDA — when she wasn't furiously texting. He kept touching her affectionately and she was constantly whispering in his ear. Asked on E!'s pre-show if she's in love, Miley coyly replied, "Maybe."

METRO WORLD NEWS

Theron's dress shredded by online fashion police

THE LOOK: FLORAL FEMBOT Charlize Theron wasn't so chic at Sunday's Academy Awards ... according to fashion critics, usmagazine.com reports. Bloggers ripped on her amethyst and lilac bustier gown with rose and draped detail, created specially for her by John Galliano for Dior.

"Almost every year somebody wears something off-the-wall crazy to the Oscars, and this year the unfortunate honour goes to Charlize Theron," sniped Eonline. "Yep, those are her lady lumps wrapped in lilac rosettes, courtesy of Dior Haute Couture. This one's going down in the history books along with the swan dresses and pirate costumes."

METRO WORLD NEWS

Cruise loses control of motorbike

THE ONLY MISSION: IMPOSSIBLE HERE IS TOM'S COOLNESS Tom Cruise narrowly avoided serious injury after crashing his motorcycle in Los Angeles on Sunday, according to femalefirst.co.uk.

The Mission: Impossible star was riding through the city on his motorbike when another car drove through a stop sign in front of him, forcing him to swerve and hit a vehicle.

Cruise was reportedly caught limping after the crash but he refused to go to the hospital, according to HollywoodLife.com.

The actor's red Ducati motorcycle was mangled in the crash and the website reports the bike's gears were "completely torn to shreds on the left side."

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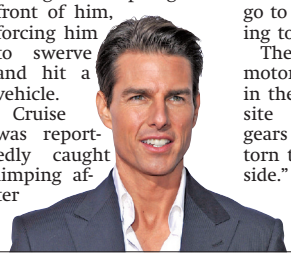
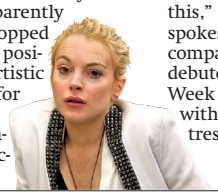


Lindsay relieved of Ungaro fashion duties

ORANGE SKIN AND VACANT, STRUNG OUT EXPRESSION? *SO* LAST SEASON Lindsay Lohan has apparently been dropped from her position as artistic adviser for fashion house Ungaro, according to Women's Wear Daily.

"She's not involved in this," a company spokesperson said as the company's Fall 2010 line debuted at Paris Fashion Week over the weekend with the high-profile actress nowhere in sight.

METRO WORLD NEWS



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Gibson home going for a song

HE NEEDS A BIGGER PROPERTY TO ADEQUATELY HOUSE HIS DELUSIONS Mel Gibson has put his nine-bedroom, 8.5-bathroom Malibu home on the market for a mere $14.5 million US, according to TMZ. The massive hacienda-style property also boasts tennis courts, indoor and outdoor dining areas and a giant chess set on one of the lawns.

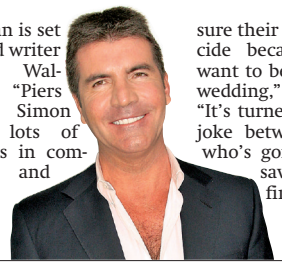
There's no official word on why he's giving up the compound, but sources speculate it's because of his divorce from Robyn Gibson. No word if the church is included.

METRO WORLD NEWS

Duelling wedding bells for Cowell and Piers?

'I NOW PRONOUNCE YOU EGO AND WIFE' Simon Cowell and pal Piers Morgan maybe facing off against each other this summer as they both plan weddings that threaten to conflict with each other, according to the Daily Mail. Cowell has proposed to girlfriend Mezhgan Hussainy, while Morgan is set to wed writer Celia Waldon. "Piers and Simon have lots of friends in common and want to make sure their dates don't coincide because they both want to be at each other's wedding," a source says. "It's turned into a bit of a joke between them over who's going to send out save-the-date cards first."

METRO WORLD NEWS



Twitter abuzz over Nelson appearance

HEAR THAT? IT'S THE SOUND OF YOUR BREAKFAST CLUB FANTASY DYING Who stole the show during the touching tribute to late director John Hughes at Sunday's Academy Awards? Judd Nelson, 50, usmagazine.com reports.

Fans of Hughes' '80s teen comedy classics like The Breakfast Club and Ferris Buellers' Day Off were thrilled to see Molly Ringwald, Matthew Broderick, Anthony Michael Hall and Jon Cryer reunite to remember Hughes. But Nelson's shocking appearance inspired hundreds to instantly Tweet their surprise.

Entertainment Weekly editor Dave Karger wrote, "The entire crowd at the Elton John party just gasped at the sight of Judd Nelson."

METRO WORLD NEWS

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Thursday Variable 6° / 1°

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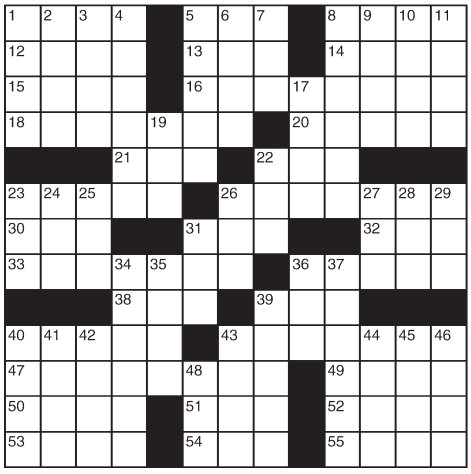
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	2	1		5			3
		9	6	2	3			
	4		7					
		7				3	1	2
1	5	4				6		
					7		6	
			2	6	8	1		
4			9		1	8	2	

ACROSS

1 Laurel or Musial
5 Spring month
8 Rolling stone's lack
12 Novice
13 Id counterpart
14 Killer whale
15 Related (to)
16 World War I infantryman
18 Warning signal
20 Sail supports
21 Have a bug
22 NASA deviation
23 Cheer up
26 Fool
30 Bill's co-adventurer
31 Toast topper
32 Ultra-modernist
33 Reliable source of income
36 Birth-related
38 A billion years
39 Triumphed
40 Pound fraction
43 Glossy coating
47 "Is it bigger than a —?"
49 Neighborhood
50 Brewer's oven
51 Hearty quaff
52 Oodles
53 Otherwise
54 Chaps
55 Break suddenly

DOWN

1 Luminary
2 Youngster
3 Desert-like
4 Low-calorie, maybe
5 Hero's award
6 Very enthusiastic
7 Thee
8 Hudson River feeder
9 Spheres
10 Highlander
11 Emulates Simon?
17 2008 TARP recipient
19 Big fib
22 Thanksgiving veggie
23 "Yada, yada, yada" (Abbr.)
24 Meadow
25 Billboards
26 Mandible
27 Pismire
28 Vast expanse
29 Scale member
31 Stewart or Voight
34 Underworld goddess
35 Unisex, as dorms
36 Neither mate
37 Chronicles
39 Lustrously smooth
40 Reed instrument
41 Europe/Asia border river
42 Capone foe
43 Field mouse
44 Press
45 — good example
46 Padlock holder
48 Emeril's outcry

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	3	6	7	5	8	9	1	2
7	5	9	1	2	3	6	8	4
8	2	1	9	6	4	3	7	5
5	6	2	3	8	1	7	4	9
9	8	3	4	7	6	2	5	1
1	4	7	5	9	2	8	3	6
2	7	5	8	4	9	1	6	3
6	1	4	2	3	7	5	9	8
3	9	8	6	1	5	4	2	7

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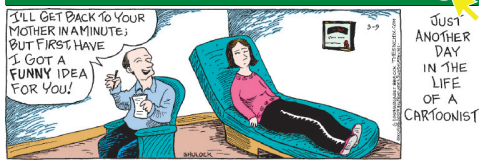
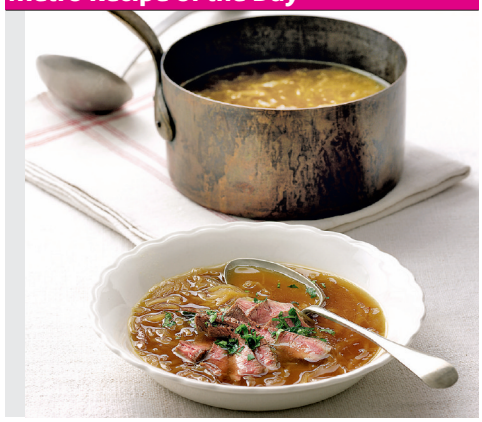


Metro Recipe of the Day



Caramelized Onion and Ale Soup with Beef Ribbons

INGREDIENTS:

2 tbsp butter
2 tbsp olive oil
500 g onions, thinly sliced
2 tsp white sugar
300 g tenderloin steak, cut into 3/4-in thick slices
1 garlic clove, crushed
1 cup brown ale
1 bay leaf
3 cups beef stock
2 tbsp chopped fresh parsley

METHOD:

1. In large, heavy-based pot, heat butter and 1 1/2 tbsp oil, then stir in onions and sugar. Cover pot with lid and cook, stirring occasionally, over medium heat, 10 minutes. Remove lid, turn up heat and cook, stirring frequently, until onions are softened and golden brown.
2. Meanwhile, heat frying pan until very hot. Brush steak slices with remaining oil and season lightly. Fry about 3 minutes per side, turning once, until golden brown but still pink inside. Remove from heat and cover with sheet of foil.
3. Add garlic, ale and bay leaf to onions. Bring to boil, then simmer, uncovered, 5 minutes. Add stock, season, then return to boil.
4. Slice steak pieces into thin ribbon strips, adding juices to soup. Discard bay leaf. Ladle soup into wide bowls and place meat strips in centre of each. Sprinkle with parsley and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will find yourself in a minority of one today, but it won't worry you a bit. You are used to opposing the status quo.

TAURUS ♉
APRIL 21-MAY 21
It would appear that you have been through your current situation, in one guise or another, before, so you should know what you have to do.

GEMINI ♊
MAY 22-JUNE 21
Anything that ties you down to a set routine must be avoided. Mars in Leo is a restless influence, so there is no point trying to stay in one place.

CANCER ♋
JUNE 22-JULY 22
Most likely you will find yourself in the middle of some sort of conflict today and tomorrow. Stay calm and use logic to make your point.

LEO ♌
JULY 23-AUG 23
This is one of the most important times of the year for you as Mars is about to move in your favor again. Don't get carried away.

VIRGO ♍
AUG 24-SEPT 22
You may be tempted to hit back at those who are giving you a hard time but why run the risk of alienating people whose help you may need?

LIBRA ♎
SEPT 23-OCT 23
You will have to defend your beliefs against someone who thinks they know better than you. It should not be too hard to prove them wrong.

SCORPIO ♏
OCT 24-NOV 22
You cannot convince others to see things your way – the more you try the more they will delight in taking the opposing view.

SAGITTARIUS ♐
NOV 23-DEC 21
You will have fun today but, for some reason, you will feel guilty. Maybe it's because you don't think you deserve to enjoy the good things. Rubbish!

CAPRICORN ♑
DEC 22-JAN 20
Certain emotions may be difficult to deal with but you will have to face up to what is causing you grief.

AQUARIUS ♒
JAN 21-FEB 18
Opposites attract and someone who is as different to you as it is possible to get will have a major impact on your life.

PISCES ♓
FEB 19-MARCH 20
Stick to routine ways of doing things, even if some people criticize you for being old-fashioned.

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Please add $50 for Sat. departures

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Departure tax: 25 CUC cash, paid locally

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+Taxes & other fees (including service charges): $266

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
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